**Vol. 64 Issue 46** 

Davis-Monthan Air Force Base, Ariz.

Wednesday Nov. 23, 2005





Master Sgt. Kevin Milcic, (left) hands a box of food to Master Sgt. Fred Lopez to help build Thanksgiving baskets Monday. Both are assigned to the 355th Component Maintenance Squadron. The Thanksqiving baskets provide an entire meal complete with a turkey, mashed potatoes, vegetables, bread and dessert for more than 270 Airmen and their families in need of extra help during the holiday season. The First Sergeants' Association collected money and distributed baskets to Airmen in every unit at Davis-Monthan.

# Airmen still have opportunity to donate to CFC

By 1st Lt. Beth Tucker 355th Wing Public Affairs

For the past three months, Airmen and government service civilians have had the opportunity to make their contributions to many organizations participating in the Combined Federal Cam-

With less than a month of the campaign remaining, the Desert Lightning community still has the opportunity to make their contributions to one of many charitable organizations.

"D-M's contributions to date are quite impressive, but we still have a long way to go," said Capt. DeJon Redd, 355th Wing Public Affairs deputy and 2005 CFC co-coordinator for Davis-Monthan.

The CFC was created in the early 1960s when federal employees "saw the need to bring the diversity of fundraising efforts under one umbrella,' according to the Arizona CFC History Web-page.

"By allowing employees to select the organizations of their choice from a single brochure and to make their contributions through payroll deductions, the CFC opened wide the door to more oppor-

See CFC, Page 3

### **SNOW!**

### Starry Snowy Southwest Night provides unique family fun

By 1st Lt. Beth Tucker

355th Wing Public Affairs

For the second year in a row, there is a 100 percent guarantee of snow at Davis-Monthan at the Starry Snowy Southwest Night Dec. 6 at the chapel parking lot.

The 355th Services Squadron and

the 355th Wing Chapel are presenting an evening of holiday tradition, with Santa Claus, the lighting of the base tree, crafts for kids, hayrides and a reminder of a white Christmas.

"Throughout the day 30-tons of snow will be blown into the parking lot," said Nerissa Atkisson, 355th Services Squadron Desert Lightning Community Center director and event coordinator.

The opportunity to enjoy the rare occurrence of snow in Tucson will begin at 5:30 p.m. Soon after, at 5:45 p.m., the 355th Civil Engineer Squadron fire department will announce the arrival of the guests of honor, Santa Claus and the 355th Wing commander.

Once done with his official duties of turning on the holiday tree, Santa will be available to hear children's gift lists and to take a photo with the child.

"Every child will get a keep-sake photo button with a photo of them on

See Snow, Page 5

The Davis-Monthan Air Force Base time line of sorties as of Monday							
Squadron	Required	Flown	Annual	Squadron	Required	Flown	A

ı				200					
	Squadron	Required	Flown	Annual	Squadron	Required	Flown	Annual	
	41st ECS	150.0	53.4	1,590.0	162nd OSB	170.0	177.7	2,135.0	
	43rd ECS	105.0	87.7	1,398.0	354th FS	200.3	144.2	8,942.0	
	55th RQS	200.5	148.5	2,880.0	357th FS	726.0	460.3	8,998.0	
	79th RQS	160.0	97.1	1,845.0	358th FS	770.0	404.0	9,134.0	
	41st ECS 43rd ECS 55th RQS	150.0 105.0 200.5	53.4 87.7 148.5	1,590.0 1,398.0 2,880.0	162nd OSB 354th FS 357th FS	170.0 200.3 726.0	177.7 144.2 460.3	2,135.0 8,942.0 8,998.0	

#### Thanksgiving dinner

The Desert Inn Dining Facility will offer a Thanksgiving Day meal Thursday for all meal card holders, active-duty personnel, retirees and their families. The traditional turkey meal will be served from 11 a.m. to 2 p.m. and 3 to 5 p.m. All items are individually priced.

### COMACC sends Thanksgiving message

Holiday is a time to reflect, be thankful for family, freedom

By Gen. Ronald E. Keys

Air Combat Command commander

#### LANGLEY AIR FORCE

BASE, Va. — Since the 1621 harvest feast the Pilgrims celebrated, Americans have observed Thanksgiving by gathering together, sharing with those in need and giving thanks for our numerous blessings.

We have much to be thankful for — our freedoms, our comrades-in-arms and our families.

I'm especially thankful for you — the remark-

able Airmen and civilians in Air Combat Command who are bringing peace, security and natural-disaster relief to people around the globe.

Your courageous and selfless service honors our Air Force and our nation, and the extraordinary commitment, strength and patriotism of

> your families illustrates the true strength of America.

I encourage you all during this season to take a moment to reflect on the sacrifices that have enabled our freedoms and our way of life.

As you enjoy this day, let's also not miss the opportunity to share it with those who are away from family and friends, especially our deployed Airmen's families.

Thank you for your service, and I wish you all a safe and

happy Thanksgiving!





Col. Michael Spencer, 355th Wing commander, inspects a weapons pylon during a pre-flight inspection. He flew A-10s during Operation Desert Storm and has logged more than 3,900 hours in three different systems.

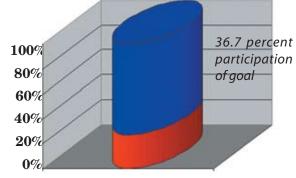
#### **Agency numbers**

AAFES Agencies	228-3904
Accounting and Finance	228-4964
Chaplain	228-5411
Civil Engineering	228-3401
Clinic	228-2930
Commissary	228-3116
Eagle Eyes	228-8888
Family Support	228-5690
Fitness and Sports Center	228-0022
Haeffner Fitness Center	228-3714
Housing Office	228-3687

Inspector General	228-3558
Legal	228-6432
Lodging	228-4845
Military and Civilian Equ	al
Opportunity Office	228-5509
Military Personnel	228-5689
Public Affairs	228-3204
SARC	228-7272
Security Forces	228-6178
Services	228-5596
Transportation	228-3584

#### **Contribution update**

The goal for the 2005 Combined Federal Campaign is for 2,972 people to participate. As of Friday, 1,091 participant's forms have been turned in.





620 Airmen were saved from the consequences of driving under the influence by the **Airmen Against Drunk Driving Program since** Dec. 31. Individuals interested in volunteering should contact Airman 1st Class Logan English, AADD scheduler, at 228-6674.

Call AADD at

850-2233

Friday and Saturday from 11 p.m. to 4 a.m. For more information regarding AADD, see the Web site https://aadd on the D-M intranet.

### Team D-M Mission Spotlight

The 355th Aerospace Medicine Squadron provides vital health services to foster a fit-fighting-force for the 355th Wing and all of Davis-Monthan's tenant organizations. The 355th AMDS also promotes preventative medicine programs to maintain maximum Air Force readiness and monitor the environment and occupational work areas for hazards while supporting worldwide contingency operations.

Airman 1st Class Amanda Burkhardt (right), 355th Aerospace Medicine Squadron, medically clears Senior Airman Alex Carrancho, 755th Aircraft Maintenance Squadron, for a deployment.



Photo by Airman 1st Class Clark Staeh

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Photo by Airman 1st Class Jesse Shipps

### Trying to be invisible

Staff Sgt. John Waters, 43rd Electronic Combat Squadron hides behind bushes. Airmen from the unit spent a day training with Survival Evasion Resistance Escape experts Nov. 17.

### $\mathsf{CFC}$

Continued from Page 1

tunities for generous giving to literally hundreds of worthy causes," the Web site says.

Deciding which of the "hundreds of worthy causes," can be the hardest part of the CFC process, said 2nd Lt. Erin Peterson, the base co-coordinator for the 2005 CFC. "We've seen a great range in organizations that people have made their contributions to so far."

"The goal that we have set for Davis-Monthan is based on participation vice money," Captain Redd said. "Our emphasis is on educating every Airman on all the opportunities the campaign affords. We believe increased dollar figures are directly related to an educated group of potential contributors. When people see the strengths of the CFC and the thousands of options presented, it competes very well with any other donation opportunity."

For the 2005 campaign, the goal is to have 2,972

participants. As of Friday, 1,091 of Davis-Monthan's approximately 6,225 non-deployed military and Department of Defense civilians have turned in their contribution forms, donating \$231,645.

"What adds up and makes a great difference is every single dollar contributed," Lieutenant Peterson said.

As 2005 comes to a close, many look at their tax information for the year.

"Contributions to the CFC are tax-deductible," Captain Redd said. "The CFC process makes it easy to keep track, as the final contributions for the year are listed on the individual's Leave and Earnings Statement. Payroll deduction also provides a very convenient opportunity. One signature per year ensures your money helps your program of choice every month."

With 23 days remaining, anyone interested in participating should contact their unit representative for a participation booklet and contribution form. For a complete listing of the organizations that participate in the Combined Federal Campaign, visit the Arizona CFC Web at www.cfcaz.org.

### **Emergency Numbers**

 Ambulance
 911

 Base Operations
 228-4315

 Base locator
 228-3347

 Casualty Assistance
 228-3686

 (After duty hours)
 228-3121

 Chaplain
 228-5411

 (After duty hours)
 228-3517

 Command Post
 228-7400

 Eagle Eyes
 228-888

Fire Reporting	911
Fraud Waste and Abuse	228-3177
Mortuary Officer	. 228-5964 or 4414
Public Affairs	228-3204
Safety	228-5558
Security Forces Crime Stop.	228-4444
Sexual Assault Response Co	ordinator
	228-SARC (7272)
TIPS Line	228-TIPS (8477)

### **News Notes**

#### Flu shots

The 355th Medical Group will be providing flu shots for all active-duty, dependents, retirees and Department of Defense employees Dec. 6, 7 and 8 from 7 a.m. to 2 p.m. in the Desert Oasis Enlisted Club's Shockwave Room. Those getting the immunization must bring their DoD identification card and shot records (if available). Note: Children under the age of 12 years must be vaccinated in the Immunization Clinic. For more information, call Staff Sgt. Jessica Despot at 228-1536.

#### **MPF** appointments

The Military Personnel Flight continues to operate on an appointment only basis, except for the Customer Service and Personnel Readiness Unit sections. No walk-in customers are accepted with the exception of commanders, first sergeants and commander's support staff conducting official business on behalf of their unit. Individuals seeking an appointment should send an e-mail request to global listing "355 MSS MPF Appointments" with the office to be seen in the subject line. The requested office has an obligation to confirm or provide an interim response back within 48 hours of initial receipt. Any questions or concerns should be addressed through the MPF commander at 228-5562 or superintendent at 228-4169 or 228-4459.

#### **Craycroft Road resurfacing**

Many of Davis-Monthan's roads and parking lots over the next five months will be resurfaced or repaved to extend their service life. The first of these projects will repave Craycroft Road Nov. 15 through 30. Access to the Blanchard Golf Course and Desert Oasis Enlisted Club will be by way of Nuggat Street or the parking lot behind the Enlisted Club off 10th and Libre Streets.

#### Shoppette traffic flow change

To make traffic flow on base both safe and practical, the Army Air Force Exchange Services Shoppette located on the corner of Craycroft Road and Granite Street has changed to one-way traffic. Cars must enter from El Dorado Street and exit onto Granite Street. Directional signs and arrows painted on the ground will direct drivers in and out of the area. This change is part of a traffic study the 355th Civil Engineer Squadron is conducting to improve traffic flow in and around the Base Exchange/Commissary complex.

#### **Terrorism history**

Nov. 23, 1991 Tutsi rebels based in Rwanda attacked the capital of Bujumbura in an attempt to unseat the government. Hundreds were killed and indiscriminate killings were alleged.



# Baking, sorting cookies for youngest Airmen

By Shelly A. McGuire 355th Wing Public Affairs

The Officer's Spouses Club and the Enlisted Spouses Association are sponsoring a homemade cookie drive to help give Airmen a taste of home while they are away.

The annual base-wide Cookie Crunch is for Airmen who will be working here during the holidays and for some who are deployed.

"The holidays can be a lonely time when you are far from home, so Cookie Crunch was designed to give a 'taste of home' to each of the Airmen in the dorms during the holiday season," said Lori Hines, Officer's Spouses' Club member, and this year's Cookie Crunch coordinator.

"My mom makes a large variety of cookies for the holidays and our young Airmen have similar memories. Cookie Crunch is one way to help them feel at home here at Davis-Monthan ... I have a special place in my heart for our young people who are away from home for the holidays."

The group's goal is to collect 850 dozen homemade cookies by Dec. 8. Airman Evancho said.

Volunteers are needed to help bake, collect and bag the cookies. Cookies can be made from scratch, a mix-, slice-and-bake or bar-cookies.

A drive-through, drop-off point will be established at Hope Chapel Dec. 5 from 7 a.m. to 6 p.m. and Dec. 6 from 7 a.m. to 6 p.m. to accept and box the cookies.

Those who would like to participate can bake cookies and drop them off or can help by collecting, sorting or boxing the cookies.

Contact Lori Hines at 777-5884 for information on times slots available to help collect and sort cookies.

Each unit's first sergeant will help deliver a dozen cookies to each dorm resident by Dec. 8.

Senior Airman Blase Evancho, 355th Aircraft Maintenance Squadron, was one Airman who received cookies last year.

"I was out with my friends for dinner and when I got home there was a bag of homemade cookies sitting on my bed. It was a nice surprise and made me feel like I was a part of a family while I was away from home,"

# Santa wears blue suit this holiday season

By Airman 1st Class Clark Staehle 355th Wing Public Affairs

The still morning air is broken as children run screaming to meet Santa as he steps out of

Santa and his wife are mobbed by dozens of elementary school students. They push and struggle to be the first to throw their arms around him.

Santa and Mrs. Claus have ioined forces with Airmen from Davis-Monthan as part of the annual Santas in Blue program.

"Santas in Blue is back and we need your support to brighten a child's holiday season," said Master Sgt. Jess Mendoza, D-M Santas in Blue coordinator.

Santas in Blue is designed to help D-M give back to the Tucson community by donating gifts to students in Native American elementary schools.

The program works by providing volunteers from the base with a list of children and their respective holiday wish lists. Santa works with D-M to personally give each child their desired present.

"To make it fair, there is a \$15 to \$25 gift limit for each child," Sergeant Mendoza said.

The program helps Airmen understand the importance of donating and experience the joy and importance of giving during the holidays.

"Volunteering for Santas in Blue gives you an opportunity to give back and help put a smile on a child's face," said Tech. Sgt. Yara Mitchell, the Santas in Blue assistant coordinator, "To see a look on a child's face when they receive something is worth more than a thousand words."

Volunteers working with the program have the option of helping at one of several schools.

Santas in Blue will be visiting kindergarten through fifth-grade students at San Xavier, Santa Rosa, San Simon and Indian Oasis schools. All four schools are on the Tohono O'odham Indian Reservation.

The program has a long history with the local Native American tribe.

Santas in Blue got its start in 1965 when the 571st Strategic Missile Squadron began donating toys to poor children on the Tohono O'odham reservation.

Anyone who wants to volunteer by donating gifts, refreshments or handing out gifts should call Sergeant Mendoza at 228-6169.

"It's an incredible feeling watching the children with Santa and opening the only gifts they will probably receive this holiday season," Sergeant Mendoza said.

# Keeping the roads safer for all by volunteering with AADD

By 1st Lt. Beth Tucker

355th Wing Public Affairs

Saving an Airman's life is one of the greatest actions a Wingman can take.

"Most of us know people who have had driving under the influence tickets or been the victim of drunk driving," said Master Sgt. Kurt Thortsen, 55th Rescue Squadron first sergeant and president of Airman Against Drunk Driving. "This is everyone's chance to help decrease the numbers of people in that category."

While volunteers are needed year around, the group is especially in need of additional volunteers during the holiday season with the additional unit holiday functions.

"I expect to have at least 10 additional requests." Sergeant Thortsen said of the number of specific events that AADD volunteer presence will be requested for.

"Statistically speaking, if every active-duty Airman at D-M donated time for one shift (one night), their next shift would be in two-and-a-half years," Sergeant Thortsen said.

The normal operating hours for the program are Friday and Saturday from 11 p.m. to 4 a.m. with additional hours added during long weekends.

The rules for the program ensure a safe environment for everyone. Every volunteer is given a full explanation of the rules and operating procedures before each of their shifts and the coordinators make sure volunteers' questions are answered.

Drivers meet at the Ground Floor for the normal shifts. Volunteers spend their time at the Group Floor in a comfortable environment, watching movies, playing video games, etc.

"First sergeants, squadron commanders and the 355th Wing leadership support the program with facilities and food," Sergeant Thortsen said.

People of all ranks are invited to volunteer.

Anyone wanting to volunteer can e-mail Sergeant Thortsen at <u>kurt.thortsen@dm.af.mil</u> or Tech. Sgt. James Demarah at james.demarah@dm.af.mil.

"Anyone who cares about being a Wingman and protecting the lives of Airmen is invited to volunteer," said Sergeant Demarah, 355th Aerospace Medicine Squadron physiologist and AADD vice-president.

### **Snow**

#### **Continued from Page 1**

Santa's lap," Ms. Atkisson said.

Children will also be able to take home their own holiday creations. At the make-and-take craft tables, sponsored by the D-M and Dorothy Finley Child Development Centers, the Arts & Crafts Center and the Youth Center, kids of all ages will be able to make a keepsake or gift for the holiday season.

To warm up after a snowball fight, or building a snowman, the 355th SVS, 355th Wing Chapel, Army and Air Force Exchange Services and the Defense Commissary Agency are providing attendees with hot chocolate and cookies.

Rounding out the events are free hayride. Riders will be taken through the decorated streets of Davis-Monthan to see the winners of the Holiday Lights Contest. "The hayrides will take families around the base to see the time and hard work base-residents

have put into decorating their homes," said Ms. Atkisson. "The best of all the entries in the Housing Holiday Christmas Lights contest will be the highlight of the ride."

In the season of giving, an opportunity to donate to the less fortunate will be available at the event.

"The Red Cross and the local food banks are nearly exhausted due to the hurricanes and disasters relief," said Frances Pientack, 355th Services Squadron marketing director.

The Starry Snowy Southwest Night at D-M will ensure every family at D-M kicks off the holiday season.

"As we all know, snow isn't an everyday occurrence in Tucson," Ms. Atkisson said. "This is a unique and wonderful event to share with your family."

#### **Holiday Lights Contest**

The following are the basic rules for the Housing and Dormitory Holiday Lights Contest:

- ◆ Decorations must be in place by Dec. 1 and may be turned on at dusk.
- ◆ Judging will be completed between Dec. 1 and 4.
- ♦ Prizes will be awarded to first-through third-place winners in three categories; best use of lights, best traditional decorating and most original decoration.
- ♦ Winners will be announced during the Starry Snowy Southwest Night festivities and signs will be posted in the winner's yards.
- ◆ Register by Monday at the Desert Lightning Community Center.

# Deployed Airmen aid in humanitarian assistance efforts

#### Story and Photo by Staff Sgt. Marcus McDonald

455th Air Expeditionary Wing Public Affairs

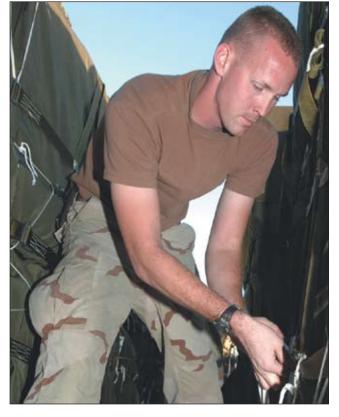
BAGRAM AIR FIELD, Afghanistan — Airmen are joining Soldiers and Sailors here in assembling containers to help with the multinational effort to provide humanitarian assistance and support to the people of Pakistan following the 7.6-magnitude earthquake that shook the country Oct. 8.

When they're not repairing aircraft supporting the ongoing Global War on Terrorism, Air Force EC-130 maintainers, alongside their counterparts working on Navy EA-6s, have been lending a hand to help riggers from the Army's 82nd Airborne Division build containerized delivery systems.

"The Army team had a very busy week already when the earthquake hit," said Air Force Capt. Joseph Schmidt, 41st Expeditionary Electronic Combat Squadron maintenance officer. "Since our airplanes were in good shape, our aircraft maintainers offered to help build these CDSs to help the people of Pakistan."

Captain Smith, deployed from Davis-Monthan Air Force Base, Ariz., said that although the participants in this joint venture will probably never get a chance to meet the people they're helping, it's still worth the effort that's being put forth.

"Our Airmen, Soldiers and Sailors aren't participating for medals, money



or recognition; they are taking part because they're representing what America is all about — hope for a better tomorrow," said the captain, a native of Muncie, Ind.

Each CDS, weighing about 1,800 pounds each, contains a variety of humanitarian supplies including bags of beans, rice and sugar, health, hygiene and tool kits, powdered milk, winter clothes and water.

More than 150 CDSs have been assembled here since the multi-national earthquake relief operations to Pakistan began, according to Warrant Of-

BAGRAM AIR FIELD, Af**ghanistan** — Senior Airman Michael Gray, EC-130 Compass Call crew chief, secures a skid board tie on a containerized delivery system on the flightline here. In their free time, Air Force EC-130 and Navy EA-6 maintainers have been helping the Army riggers here from Fort Bragg, N.C., build CDSs in support of the multinational humanitarian assistance and support effort to bring to aid to the victims of the 7.6magnitude earthquake that struck Pakistan Oct. 8. Airman Gray, a native of Slidell, La., is deployed here from Davis-Monthan Air Force Base, Ariz.

ficer Daniel Christy, airdrop systems technician, 82nd Airborne Division, Fort Bragg, N.C.

"We worked around the clock for several days preparing CDSs for airdrop into Pakistan," the warrant officer said. "To date, this joint effort has provided an estimated 80,000 pounds in humanitarian aid in both land and air drop."

Working in a joint environment is nothing new to Army parachute riggers.

"Our response to the devastation that occurred in Pakistan only unifies

the jointness people see on daily basis here at Bagram," said Warrant Officer Christy, a native of Greensboro, N.C. "In order to accomplish any mission here in Afghanistan, it requires everyone to think joint in efforts to make things happen."

Navy Petty Officer 2nd Class Daniel Lopez, Electronic Attack Squadron 134 out of Whidbey Island, Wash., said he's glad to have been a part of this joint effort to help the people of Pakistan.

"It feels great to know we have yet another opportunity, alongside the Army and Air Force, to help others in need," said Petty Officer Lopez, a native of Alta Loma, Calif.

"Our efforts will hopefully make it a little easier for the people affected by this devastating earthquake."

Tech. Sgt. Bryan Tenney, fuel systems craftsman, 41st EECS, said when the call for help from the Army riggers, the Air Force and Navy were ready to lend a hand and learn at the same time.

"When the news spread of this effort to help the people of Pakistan, it did not take long for the Air Force and Navy to join in," said Sergeant Tenney, a native of Columbus, Ga.

"This gave us all a chance to learn exactly what Army riggers do. In turn, I think they learned that those of us in the other branches of service are not afraid to get dirty, sweaty and stand shoulder-to-shoulder with them when they need our help," Sergeant Tenney said.

### Airmen should verify deployment credit in personnel records

#### RANDOLPH AIR FORCE BASE, Texas

— All Airmen who were not issued contingency/ exercise/deployment orders to deploy should verify their personnel records include credit for those deployments.

A deployment is defined as any temporary duty away from home station filling a validated combatant or component commander or supported major command requirement for forces in support of a named operation or exercise.

Airmen should ensure they have received credit for deployments as defined above because, in some instances, units have deployed Airmen under Department of Defense Form 1610 or NATO travel orders.

However, to receive deployment credit, Air Force Instruction 36-2134, "Air Force Duty Status Program" requires CED orders to update TDY histories in the Military Personnel Data System.

"Because officer selection boards are charged

by the secretary of the Air Force to consider the 'whole person,' officers need to ensure their entire record is correct to include deployments," said Lt. Col. Darlene Roquemore, chief of the officer promotions, appointments and selection continuation branch at the Air Force Personnel Center here.

"The officer selection brief, which is a snapshot of the officer's career, to include data such as decorations, duty history and developmental education, now reflects qualifying deployments since 9/11," the colonel said.

Airmen can verify their Type 1 TDY deployment history has been updated through their commander's support staff or personnel employment section at their servicing military personnel flight.

If an Airman's Type 1 TDY deployment has not been updated in their TDY history, a completed travel voucher and at least one of the following source documents are required to receive credit:

- ◆ Certified CED orders;
- ◆ Certified non-CED orders;

- ◆ Approved decoration;
- ◆ Officer/enlisted performance report;
- ◆ Finalized letter of evaluation or
- ◆ A letter of justification from a squadron commander or higher.

All source documents must identify the Airman and state the named operation or exercise supported for the duration of the TDY.

In the future, all Airmen who are not issued CED orders for eligible deployments should make every effort to notify their respective commander's support staff or servicing MPF personnel readiness function prior to departure. If they cannot correct orders prior to departure, they may do so after returning from the deployment.

For more information, call the AFPC field activities office at DSN 665-2671 or commercial (210) 565-2671.

(Information courtesy of Air Force Personnel Center.)



#### Davis-Monthan discharges, Articles 15 from Nov. 7 through Friday

- ♦ An airman first class from the 355th Equipment Maintenance Squadron received a suspended reduction to airman, forfeiture of \$150 pay, 14 days of extra duty and reprimand for failure to go at the time prescribed to the appointed place of duty which was a violation of Article 86 of the UCMJ.
- ♦ An airman first class from the 355th Communications Squadron was discharged with a General discharge characterization for **Minor Disciplinary Infractions**; supported by one Article 15, two Letters of Reprimand and three Records of Individual Counseling.

- ◆ An airman basic from the 355th Aircraft Maintenance Squadron was discharged with a General discharge characterization for a Pattern of Misconduct; supported by three Article 15s and one Vacation Action
- ◆ An airman basic from the 355th Maintenance Operations Squadron was discharged with a General discharge characterization for **Drug Abuse**; supported by a Special Court-Martial.

(Editor's note: Information courtesy of the 355th Wing Staff Judge Advocate Office. The same offense can result in different punishment for each offender. The offender's commander considers several factors when determining punishment, including the offender's service record and impact on unit discipline, cohesion and morale.)

# Online process simplifies TA

By Staff Sgt. Julie Weckerlein
Air Force Print News

**WASHINGTON** — Airmen are only a few mouse clicks away from financial support for their college education, thanks to the Air Force's virtual education center.

Online since early 2003, the center helps active-duty, Guard and reserve Airmen pursue their off-duty education from a computer.

"It's a continual process to make [the site] a one-stop shop for an Airman's educational needs," said Kendall McAree, the Air Force's education systems manager at the Pentagon.

Air Force tuition assistance is a quality of life program that provides tuition assistance and fees for college courses taken by active-duty Airmen during off-duty hours. It's capped at \$250 per semester hour — \$166 per quarter hour — and is one of the most frequent reasons Airmen give for enlisting and reenlisting in the Air Force, according to the Web site.

Now that all application paperwork is online, Mrs. McAree hopes more Airmen will take advantage of the accessibility of the program.

"Airmen can now access the information anywhere at any time, whether they are at home or deployed somewhere," she said. "With the online signature, all the paperwork can be routed through the appropriate channels faster and more efficiently."

That means Airmen do not visit an education center, which is good, "because some Airmen are in places where there are no education centers," she said.

Mrs. McAree said the new online capability also frees up education center workers, who spent a lot of time doing the paperwork involved with tuition assistance. Now they can devote more time to face-to-face counseling and assisting customers.

Along with tuition assistance, Airmen can use the Web site to check their Community College of the Air Force progress, request transcript and civilian course conversion tables, distance learning information, DANTES and CLEP test results and more.

The Air Force Virtual Education Center link is available through the Air Force Portal at <a href="https://www.my.af.mil">www.my.af.mil</a>

# Airmen receive CCAF degrees in ceremony

Congratulations to the following Airmen who received their Community College of the Air Force degrees in the base ceremony Monday:

#### 12th Air Force:

Master Sgt. Shelonie Johnson.

**25th Operational Weather Squadron:** Staff Sgt. Bryan Fewell, Master Sgt. William Garlington and Staff Sgt. Nicole Nieratko.

# 41st Electronic Combat Squadron:

Airman 1st Class Brandon Bennett, Master Sgt. Robert Cloutier, Master Sgt. Scott Drayna, Staff Sgt. Rodney Fangmann, Master Sgt. Jon Hadler, Staff Sgt. Jarrod Judd, Staff Sgt. Elizabeth Lounsbury, Tech. Sgt. David Ortegon, Master Sgt. James Scott, Master Sgt. Ronald Shaffer, Staff Sgt. Ernesto Vargasbecerra and Senior Master Sgt. Charles Vignettes.

# 43rd Electronic Combat Squadron:

Staff Sgt. Rachelle Bogle, Staff Sgt. David Chapin, Staff Sgt. Thomas Porter, Staff Sgt. Loni Sirois and Master Sgt. Troy Sports.

#### **48th Rescue Squadron:**

Staff Sgt. David Schad.

#### 55th Electronic Combat Group:

Tech. Sgt. Anthony Dremann and Senior Master Sgt. Luther Eubanks.

#### **55th Rescue Squadron:**

Master Sgt. Frank Bernal and Staff Sgt. Michelle

### **355th Aerospace Medicine Squadron:** Staff Sgt. Maribel Alvarado Carrion, Tech. Sgt.

Ricky Poppe and Staff Sgt. Brittany Ross.

# 355th Aircraft Maintenance Squadron:

Staff Sgt. Taqueela Berry, Master Sgt. Walter Chapman, Tech. Sgt. Scott Cox, Staff Sgt. Luke Fichtner, Master Sgt. Paul Haifley, Tech. Sgt. William Jeffries, Staff Sgt. Jahnathon Larson and Staff Sgt. Reginald Shoulders Jr.

#### **355th Civil Engineer Squadron:**

Staff Sgt. Daniel Alvarado, Airman 1st Class Robert Kelly, Staff Sgt. Jordan Nolan, Tech. Sgt. Veronica Peterson and Staff Sgt. Derreck Weatherford.

# **355th Component Maintenance Squadron:**

Tech. Sgt. Bobby Box, Staff Sgt. John Comeens, Senior Airman Brandon Corwin, Tech. Sgt. Robert Dunaway, Staff Sgt. Julie Jewett, Master Sgt. Fred Lopez, Chief Master Sgt. Gregory Shelton and Senior Airman Aaron Vanlangen.

# 355th Communications Squadron:

Tech. Sgt. Preston Frazier Jr., Staff Sgt. Ladetra Johnson, Tech. Sgt. Kenneth Knight, Tech. Sgt. Eric Krubsack, Staff Sgt. Jamie Massaro, Staff Sgt. Veena Peediyakkal, Staff Sgt. Nadine Pryor, Senior Airman Kristen Ruiz-Jimenez and Master Sgt. Hector Torres.

#### 355th Comptroller Squadron:

Master Sgt. Stacy Fields and Master Sgt. Terry Hockless.

# 355th Contracting Squadron:

Staff Sgt. Curtis Alexander.

### 355th Equipment Maintenance

#### **Squadron:**

Senior Airman Manuel Ayala, Staff Sgt. Richard Bartlett, Staff Sgt. Ryan Brockman, Staff Sgt. Kevin Chadwick Tech. Sgt. Benjamin Chandler, Master Sgt. Leonard Davis, Staff Sgt. Derek Gilbert, Senior Airman Heath Grun, Staff Sgt. Candace Hawkes, Tech. Sgt. Matthew Huntington, Tech. Sgt. John Kendall, Staff Sgt. Francisco Mateo, Senior Airman Christopher Moody, Tech. Sgt. Raymundo Morales, Tech. Sgt. Michael Roundtree, Master Sgt. David Semon and Staff Sgt. Tashma Teepell.

#### **355th Logistics Readiness Squadron:**

Airman 1st Class Thuthu Aye, Senior Airman Matthew Chappell, III, Staff Sgt. Michael Charles, Staff Sgt. Patrick Coar, Staff Sgt. Amy Forte, Gyule Giordano, Senior Airman Benjamin Lawson, Tech. Sgt. Gregory Smith, Staff Sgt. Darlene Steffen and Chief Master Sgt. Harold Wescott.

# 355th Medical Support Squadron:

Tech. Sgt. Michael Dance, Master Sgt. Betsi Keltz and Staff Sgt. David Soto.

#### 355th Medical Group:

Senior Airman Toni Morris.

# 355th Maintenance Operations Squadron:

Master Sgt. Ronald Dyer and Tech. Sgt. Scott

### 355th Mission Support Squadron:

Tech. Sgt. Charles Barnes, Master Sgt. John Beets, Tech. Sgt. Aubry Herrera, Staff Sgt. Michael Kaczmarek and Master Sgt. Ladine Roth.

#### **355th Maintenance Group:**

Master Sgt. Guillermo Castillo, Jr. and Tech. Sgt. Edward Timberman.

#### **355th Operations Group:**

Staff Sgt. Justin Mcintyre.

#### 355th Operations Support Squadron:

Tech. Sgt. Corinne Jones and Staff Sgt. Joseph Juedes.

#### **355th Security Forces Squadron:**

Senior Airman Justin Bost, Tech. Sgt. Nancy Littleton, Master Sgt. Ami Masaniai, Staff Sgt. Joshua Skarloken, Staff Sgt. Joseph Vidacak and Staff Sgt. Ryan Wade.

#### 355th Wing:

Staff Sgt. Ryan Hann, Tech. Sgt. Regina Harris, Master Sgt. Kevin Herre, Staff Sgt. Tracy Minke, Tech. Sgt. Lerona Sandiford and Master Sgt. Adam Smith.

#### **372nd Training Squadron:**

Y Tech. Sgt. Charles Acosta, Tech. Sgt. Alfonso Deluna, Staff Sgt. David Robinson, Tech. Sgt. Cory Staudinger and Tech. Sgt. James Vehlies.



Master Sgt. Stephen Castellanos, Tech. Sgt. Julie Cline and Staff Sgt. Travis Jacobs.

# 563rd Operation Support Squadron:

Tech. Sgt. Todd Lucas and Master Sgt. Mike Smith.

#### **563rd Rescue Group:**

Master Sgt. Joel Ambion.

#### **612th Air Communications Squadron:**

Senior Airman Brandy Amerson, Staff Sgt. Raymond Cruz, Staff Sgt. Ernest Dinolfo, Staff Sgt. Kevin Fossett, Staff Sgt. John Garcia Jr., Senior Master Sgt. Gilberto Gutierrez, Staff Sgt. Gabriel Hopkins, Master Sgt. George Parker, Airman 1st Class Jason Presmy, Staff Sgt. Rashaan Thomas, Staff Sgt. Betty Thorpe, Staff Sgt. Robert Verdugo and Senior Airman Keith Williams.

#### 612th Air Intelligence Group:

Tech. Sgt. Gregory Peters.

#### 612th Air Base Squadron:

Staff Sgt. Hector Garza Jr., Staff Sgt. Rafele Terrell, Tech. Sgt. Cornelious Thompson and Staff Sgt. Hector Quinones-Santiago.

#### **612th Air Intelligence Squadron:**

Staff Sgt. David Archer, Staff Sgt. Jason Carrier, Senior Master Sgt. Kenneth Davis, Master Sgt. Robert Gilsinger and Tech. Sgt. Paula Pierce-Rippel.

# 612th Combat Operations Squadron:

Master Sgt. Jimmy Read.

# 755th Aircraft Maintenance Squadron:

Airman 1st Class Steven Bluemer, Master Sgt. Christopher Olen, Master Sgt. Ronald Pollock and Senior Airman Zachary Sprague.

#### 755th Operation Support Squadron:

Staff Sgt. Teresa Epperson, Master Sgt. Martin Goding, Tech. Sgt. Jason Henderson, Tech. Sgt. Jeffrey Poulin, Tech. Sgt. Raymond Smith and Tech. Sgt. Tony Trapp.

# Air Force Legal Services Agency:

Tech. Sgt. Ricardo Lopez.

# Det. 3 Air Combat Command Training Support Squadron:

Master Sgt. Christopher Hockley and Tech. Sgt. Eric Newton.

#### No longer at Davis-Monthan:

Staff Sgt. Catherine Casaigne, Senior Master Sgt. Arthur Croteau, Timmy Loera, Senior Airman Amanda Pazak, Senior Airman Daniel Ricke, Master Sgt. John Russell, and Tech. Sgt. Robert Smalley.

# Mentorship

### Service provides wealth of knowledge, information

By Heidi Meisterling

355th Mission Support Squadron

Mentorship involves being your individual best, performing to your highest level and nurturing others to strive to achieve their full potential. Mentorship in the Air Force embodies its core values while actively demonstrating the pillars of success set forth by wing leadership.

The process of mentoring does not end here. Effective mentorship is knowing, understanding and utilizing the tools available. The Family Support Center can be a key tool for mentorship and meeting many of D-M's pillars.

As an Air and Space Expeditionary Force, our focus is on the successful deployment and mission completion of our Airmen. Mentors should make sure members and their families are prepared to deploy when called.

The FSC's Readiness Program provides essential resources to prepare for deployment and maintain the morale of members and families during deployment cycles.

These resources include pre-deployment briefings and checklists, morale calls, Hearts Apart, Give Parents a Break, Deployed Spouses' Newsletter, correspondence kits, various support materials and more.

Additionally, the Personal Financial Management Program assists in financially preparing families for deployment.

These programs are key tools available to mentors since low morale and financial hardship can negatively impact mission readiness.

Another wing pillar is developing and nurturing Airmen.

All FSC programs contribute to the well-being

"The use of (Family Support Center) programs enhance mentorship and fulfillment of the wing's pillars while contributing to the success of mission readiness and retention. Knowledge and understanding of FSC programs are critical to our success as effective mentors."

Heidi Meisterling,
355th Mission Support Squadron

of Airmen and their families. All FSC programs can also assist mentors in nurturing and developing Airmen.

The PFMP program assists military members and families by financially preparing them for deployment through developing budgets, establishing financial goals, helping with debt control and offering basic investment information.

The Air Force Aid Program also assists Airmen with financial support by providing assistance in times of crisis.

The Relocation Program can help military families through the permanent-change-of-station process. This includes training members on effective sponsorship, an integral part of Air Force mentorship.

The Transition Assistance Program assists

members with career transition as they prepare to depart the military. It teaches Airmen how to write resumes, translate skills from military to civilian sectors and search for jobs.

Additionally, the Volunteer Resource program connects military members with the needs of the base and local community. This charitable effort in turn supports two more pillars: installation stewardship and engagement outside the fence line.

Other programs at the FSC are focused on the well being of military families. These programs are great tools mentors can use. They can be crucial because recent studies have shown that military spouses' satisfaction with military lifestyle impact retention rates.

One program available is Career Focus, which assists military spouses in the employment process by providing help with job hunting, identifying career goals, writing resumes and educational information.

Another program available is Heartlink, which orients new Air Force spouses to the military's way of life by educating them on its lifestyle and informing them of support programs and resources available.

The Family Life Education program sponsors a free weekly playgroup while providing marital and family counseling.

The use of FSC programs enhance mentorship and fulfillment of the wing's pillars while contributing to the success of mission readiness and retention.

Knowledge and understanding of FSC programs are critical to our success as effective mentors.

For more information, call 228-5690.

### Sonoran Spotlight

(Editor's note: Sonoran Spotlight is a weekly feature of the Desert Airman that profiles a member — officer, enlisted or civilian — of Davis-Monthan Air Force Base.)



This week's Sonoran Spotlight is Senior Airman Ian Reeves of the 355th Mission Support Squadron. Airman Reeves is a

manpower analyst. According to his supervisor, 1st Lt. Renata Turner, he was nominated for the spotlight because he "is dedicated to meeting the mission. He is always eager to learn and help those who need assistance. He is very energetic. He promotes unity in the office and is an inspiration to all."

INTEGRITY, SERVICE, EXCELLENCE

The following are Airman Reeves' responses to a variety of questions.

What is your age, marital status and **children?** 25, married with no kids, a dog

If you were a recruiter, what would you tell people about the Air Force? It's a great way to finish school and learn a little discipline.

What is the best advice you've received in the Air Force? Don't sweat the little stuff; it's all little stuff.

Name someone who inspires you and why: My father. I watched him build his mortgage company from the ground up to support his six children and become extremely successful. I hope to have the drive and determination that he displays.

#### Volunteers needed for **Tucson Arizona Boys Chorus**

The Tucson Arizona Boys Chorus will be performing a free concert for all Davis-Monthan personnel and their families at the 79th Hangar Dec. 11.

Volunteers are needed for the for event to assist in several areas.

Twelve people are needed to help Dec. 9 with:

- ◆ Washing bleachers;
- ◆ Loading bleachers onto trucks and
- ◆ Unloading them at the hangar. Volunteers will also be needed Dec. 11, the night of the concert:
- ◆ Eight volunteers to serve as greeters;
- ◆ Six volunteers to help with luggage
- ◆ Twelve volunteers to help with parking.

Anyone who volunteers to help with the Tucson Arizona Boys Chorus is guaranteed seats for themselves and their families at the concert.

For more information, call Airman 1st Class Charity Miller, 355th Medical Operations Squadron and Tucson Arizona Boys Chorus project manager, at 228-4926.

### **Final Answer**

Tech. Sgt.
Charles Winne
717th Aircraft
Maintenance Squadron,
Barksdale
Air Force Base, La.

"The strangest thing I have ever eaten was armadillo. It was the first and last time I'll try one."



Senior Airman Carlton Bannerman 355th Equipment Maintenance Squadron

"I ate dried squid. It didn't taste too good."



Master Sgt. Ruben Rodriguez 563rd Maintenance Squadron

"Octopus in a soup in Korea. It was good."



Lt. Col. Scott Stark 355th Wing

"I had fried rattlesnake. It tasted like chicken."



What is the strangest thing you've ever eaten?

Airman 1st Class Lee Phillips 355th Equipment Maintenance Squadron

"Fried squid. I had never had it before."



Master Sgt. Marty Cowart 355th Civil Engineer Squadron

"Balut, a Filipine delicacy. It's a threequarter developed fermented duck egg."

(Editors note: Next week's Final Answer question is: "What do you do to relieve stress and why?" If you would like to submit an answer for an upcoming edition of the Final Answer column, or would like to give new ideas and suggestions for the Final Answer column, contact the Desert Airman staff at desert.airman@dm.af.mil or Airman 1st Class Clark Staehle at 228-5092. Volunteers who submit answers must be available to take a picture during the same week.)

# Military depicted on the big screen

**By Capt. Tony Wickman** Alaskan Command Public Affairs

#### Across

- 1. Marine fighting unit, in short
- 4. Japanese sash
- 7. Secretary Ridge's
- 10. USAF eval.
- 13. Tempe, A.Z. school 14. The Day; 1962
- WWII John Wayne film
- 16. D-\_\_\_, the Sixth
- of June; 1956 WWII
- Henry Koster flick
- 17. Actor
- 18. Member of any various Indian peoples of central Mexico
- 19. Gun lobby, in short
- 20. Polynesian dance
- 22. Conjunction
- 23. Notify
- 24. Young horse
- 27. \_\_\_ Lisa
- 30. Grooved
- 33. Loving 37. Article

- 38. The Thin \_\_\_ Line; 1999 WWII Sean Penn movie
- 39. Fresh
- 40. WY airport
- 41. EuroAsian country
- 42. 3, in old Rome
- 43. Inventor Whitney
- 44. Track segment
- 47. Demure
- 50. Appendage
- 51. American physician and writer Oliver
- Holmes
- 53. Weekday
- 55. Continent 56. Actress Zellweger
- 57. Droll people
- 60. \_\_\_\_ Chi; exercise
- format 62. Egyptian symbol
- of life
- 66. Can be a person's
- downfall
- 67. Bit
- 71. The Sands of
- Jima; 1950 John
- Wayne WWII movie
- 72. Yank's opponent in Civil War

- 73. Churches under the jurisdiction of a bishop
- 74. Fuel
- 75. Actors Harris and O'Neal
- 76. Mil. ID number
- 77. I, \_
- 78. Smack

#### Down

- 1. 1970 movie about 4077th in Korean War 2. Eldest son of Isaac and Rebecca
- Metal Jacket; 1987 Stanley Kubrick
- Vietnam film 4. TV channel for out-
- doorsmen 5. Constrictor
- 6. Sucked in
- 7. "\_\_\_ walking..."
- 8. Time zone for Hickam AFB
- 9. Missouri airport
- 10. Poet Saint Vincent
- Millay
- 11. Henry VIII's last wife Catherine

- 12. Saving Private ; WWII Steven Spielberg movie 15. Top \_\_\_\_; 1986 Tom Cruise USN pilot movie
- 21. USAF guidance for dress, appearance
- 23. The Winds of \_\_\_\_;
- mini-series

- 29. Apocalypse 1979 Francis Ford
- Coppola flick
- 31. USAF base in
- 32. Tree sap
- 36. Sooty
- 44. Mil. pay statement
- 45. Boxing legend
- Vietnam movie
- 47. 1981 Ivan Reitman

- 36-2903 1983 Robert Mitchum
- 25. Rowing need
- 26. Dined
- 28. Lyrical poem
- 30. Scatter
- Greenland
- 34. Epic saga
- 35. Nigerian currency

- 46. 1986 Oliver Stone

military comedy 48. Color 49. Yokota AB host country currency 52. \_\_\_ Boot; 1982

- WWII submarine flick 54. Part of SEAL
- 57. We \_\_ Soldiers; 2002 Mel Gibson Viet-
- nam movie
- 58. Ripened 59. Abundance
- 61. USAF MAJCOM
- for airlift, air refueling 63. Close by 64. The Bridge Over the River \_\_\_; 1957 William Holden WWII flick
- 65. Entertain
- short

67. Music records, in

- 68. Girl Friday
- 69. 6th sense 70. Actress Susan
- $(See\ page\ 22\ for\ solutions)$

### **Chapel Information**

Services and activities offered by the D-M chapels are listed below. For more information on Jewish or Muslim services, Sunday School programs, Vacation Bible School, Bible studies; youth groups, and ministries, call 228-5411.

#### Worship schedule

#### Catholic

- ◆ Saturday Mass is at 5 p.m. at Desert Dove.
- ◆ Sunday Mass is at 9:45 a.m. at Desert Dove.
- ◆ Catholic Religious Education classes are held Sunday mornings from 8:15 to 9:30 a.m. in the Desert Dove and Hope Chapels. Registration is on-going and classes are held every Sunday that is not a holiday weekend.
- ◆ Catholic youth group meets every Sunday at 6 p.m. in the Desert Dove conference room. All youth in grades nine through twelve are invited to attend.

#### **Protestant**

- ◆ Traditional service is Sunday at 8:30 a.m. at Hope Chapel.
- ◆ Desert Lightning Fellowship (contemporary) is Sunday at 11:15 a.m. at Desert Dove.
- ◆ Gospel Service is Sunday at 11:15 a.m. at Hope Chapel.
- ♦ Sunday School classes are held for all ages from 9:45 to 11:45 a.m. in both the Hope and Desert Dove Chapels.
- ◆ Children's Church is held weekly starting at 11:30 a.m. for both the Gospel and Desert Lightning services.

### **Family Support Center**

For more information, call 288-5690.

#### **Mutual funds class**

A mutual funds class will be held Nov. 30 from 10 to 11 a.m. at the Family Support Center, Building 3210. The class will cover various categories of mutual funds and concepts of diversification and asset allocation. Call the Family Support Center to sign up.

#### **Resume and Interview Workshop**

A Resume and Interview Workshop will be held Dec. 2 from noon to 2 p.m. at the Family Support Center, Building 3210. The workshop will cover basic information on how to prepare for a job. Call the Family Support Center to sign up.

### **Arts & Crafts**

For more information, call 228-4358.

#### **Framing classes**

The Arts & Crafts Center is offering framing classes Dec. 8 through 15 from 5 to 6:30 p.m. Instruction includes how to cut and join frames, size and cut mats and glass and how to assemble the finished frame. All supplies are included. The cost is \$20.

#### Children's craft classes

A children's craft class will be held Dec. 17 from 1 to 3 p.m. at the Arts & Crafts Center. Instructors will teach children how to make homemade gifts. The cost is \$6.50.

### **Happenings**

#### **Army Band concert**

The 36th Army Band of Fort Huachuca is presenting a free holiday music concert at the University of Arizona Crowder Hall Dec. 12 at 7 p.m. The band will feature its own vocalists performing works from Whitney Houston and Garth Brooks in addition to vintage Christmas classics. For more information, call (520) 533-2515.

#### **Thrift Store**

The D-M Thrift Store is open for consignments the first Saturday of each month from 10 a.m. to 1 p.m. Call 228-2120 the store to reserve space for large items and furniture. Regular hours are Tuesday and Wednesday from 9 a.m. to 2 p.m.

### **Youth Center**

For more information, call 228-8844.

#### **Power Hour**

The Youth Center's Power Hour has returned to D-M for another year. The program reinforces and enhances the skills and knowledge of young people through high-yield learning activities. Activities include leisure reading, writing, homework help and games that help develop cognitive skills. School-age sessions are Monday through Thursday from 2:30 to 5:30 p.m. Open Recreation sessions are Tuesday and Thursday from 5:30 to 6:30 p.m.

#### **Information, Tickets & Tours**

For more information call Information, Tickets and Tours at 228-3700.

#### **Tours**

Outdoor Recreation and Information, Tickets & Tours offer the following trips and tours in November and December:

- ♦ (ODR) Scottsdale Fashion Sq. Christmas Shopping, Dec. 3, cost \$15, sign up by Nov. 26.
- ♦ (ITT) Bridal Wreath Hike (Rincon Mountains), Dec. 10, cost \$10, sign up by Dec. 1.
- ◆ (ODR) Ft. Huachuca Trail Ride & Cookout, Dec. 17, cost \$35, sign up by Dec. 13.
- ♦ (ODR) Winterhaven Hayrides, Dec 19, cost \$12 and free for children 2 years and younger. Sign up by Dec. 1.

All prices listed are per person. For more information or to sign up, stop by or call ODR at 228-3736 or ITT at 228-3700.

### **Education Services**

For more information, call Norma White at 228-4249, or Rafael Maldonado at 228-3484.

#### **Study Skills Class**

Pima Community College is offering a Study Skills Class Dec. 16 from 8 a.m. to 12 p.m. in Building 3200. Students must first register with Pima Community College and then apply on-line for tuition assistance. The class is worth one-

quarter college credit. The PCC is also offering a monthly Test Taking Tips Class on Dec. 2 at from 8 a.m. to 12 p.m. Contact PCC at 206-4866 for more information.

#### Scholarships for military children

The Scholarships for Military Children program application period for the 2006 scholarship season opened Nov. 1 and remains open until Feb. 22, 2006. Applications for the program are available at any Commissary worldwide or online at <a href="http://www.militaryscholar.org">http://www.militaryscholar.org</a>.

### **Holiday hours**

The following are the hours for 355th Services Squadron activities.

#### Thanksgiving day

**Community Center:** 

2 p.m. to 1 a.m.

#### **Desert Inn Dining Facility:**

Breakfast: 6 to 8 a.m. Lunch: 11 a.m. to 2 p.m. Dinner: 3 to 5 p.m.

All other 355th SVS facilities will be closed.

#### **Friday**

Auto Skills Center: 8:30 a.m. to 8 p.m. Bowling Center: 8 a.m. to 11 p.m. Community Center: 7 to 1 a.m. Desert Inn Dining Facility:

Brunch: 6 a.m. to 1 p.m. Dinner: 4 to 6 p.m.

Fam Camp: 8 a.m. to 5 p.m.

Family Child Care: 7:30 a.m. to 12 p.m.

Information, Tickets & Tours: 9 a.m. to 5 p.m.

Library: 10 a.m. to 6 p.m.

**Outdoor Recreation:** 10 a.m. to 2 p.m.

Pool (Indoor): 9 a.m. to 5 p.m.

All other 355th SVS facilities will be closed.

### **Movies**

### **Friday**

Two for the Money (R) 7 p.m.

#### **Saturday**

History of Violence (R) 7 p.m.

#### Sunday

Wallace & Gromit: Curse of Were-Rabbit 2 p.m. (G) (All admission \$1.50)

Regular admission is \$3 for adults and \$1.50 for children 11 years and younger. Call 228-5694 for the theater movie recording.

# AF updates physical training uniform regulations

In a message released Thursday from the Air Force Personnel Center, Randolph Air Force Base, Texas, the regulations concerning the official Air Force physical training uniform have been set.

Air Force officials have set Oct. 1 as the mandatory wear date of the uniform for all Airmen.

"The PTU is a work-out uniform, designed to provide maximum comfort and visibility for our Airmen," said Col. James Sturch, AFPC Force Operations director in the message.

In the previous guidance Airmen received in November 2004, generally all uniform standards were to be followed with the PT uniform. However, the new guidance supersedes some of the previous regulations.

"Our intent is to strike an effective balance between utility of wear during fitness activities and displaying a professional military image," Colonel Sturch wrote.

The following are the standards for wear of the PTU:

- ◆ Saluting is not required when wearing the uniform:
- ◆ Headphones will continue to be authorized as specified;
- ◆ The T-shirt may be tucked in, or worn out;
- ◆ The jacket may be zipped, unzipped and worn with civilian clothes;
- ◆ The lining in the PTU shorts may be removed, however other modifications of other parts of the uniform are not allowed;
- ◆ Additional civilian clothing items may be added to the PTU, but color must be consistent with the uniform to support a professional appearance;
- ◆ Black or navy blue spandex shorts and leggings may be worn under the PTU shorts;
- ◆ Only white socks will be worn. Any length and small conservative trademarks are authorized;
- ◆ There are no restrictive female hair standards while wearing the PTU (long hair is not required to be pined or tied up);

- ◆ Any athletic shoe may be worn;
- ◆ Tattoo and jewelry standards remain in effect in accordance with Air Force Instruction 36-2903;
- ◆ All hats and winter caps are authorized but Airmen must maintain a professional military image with no offensive wording, graphics or photos.
- ◆ Bandanas and similar headgear are not authorized unless due to medical waiver condition;
- ◆ There is no mandated maternity PTU;
- ◆ Safety and additional items are authorized while performing individual PT.

"Installation commanders may restrict wear to support cohesion and present a professional, standardized image during organized fitness events," Colonel Sturch wrote.

Additional PTU items such as a long-sleeve shirt, sweatshirt and an additional style of running shorts are forthcoming.

 $(Information\ courtesy\ of\ AFPC.)$ 

# New opportunity for civilian PT starts Dec. 1

**By Airman 1st Class Clark Staehle** *355th Wing Public Affairs* 

Beginning Dec. 1, civilian Air Force employees will have new options that enable them to work-out during their duty days like their military counterparts.

"This is a new program implemented at the Air Force level to improve the health of our workforce," said Lt. Col. Cassie Barlow, 355th Mission Support Squadron commander.

The program is designed specifically to accommodate the busy schedules of the Air Force's employees.

"Right now, if a civilian wants to workout during the duty-day, they have to take leave," Colonel Barlow said. "Under this new program, they will not be required to take leave, they will be given three hours per week for physical training."

The Air Force-wide program is designed to be dynamic; that is, each civilian designs a workout program tailored to their own specific wants and needs.

While any civilian employed by the Air Force can participate in the program, they must first get authorization.

Anyone who wants to take part in the new self-paced program will be required to get a physician's statement and a supervisor's statement, Colonel Barlow said. The new program will differ from the active-duty program in another way. There are no standards, tests or goals civilians are required to meet aside from what they set for themselves.

Working out regularly has permanent and positive effects on participants.

"By following a structured and routine PT program with time the individual will see positive changes and results such as weight loss, decreased body fat, muscular, aerobic and flexibility improvements, loss in body size (i.e. waist, hips), more energy throughout the day and a decrease in heart rate and blood pressure," said Cesar Vinueza, 355th Aerospace Medical Squadron installation fitness program manager.

Working out will benefit not only the person, but the Air Force too.

"Health-related improvements will definitely reduce absenteeism and will increase productivity. It will also have a positive impact on healthcare-related issues," Mr. Vinueza said.

"Bottom line — by actively participating in the new Air Force civilian PT program, the Air Force will not only have a lean and mean military force but also a lean and mean civilian force," Mr. Vinueza said.

Anyone who wants more information should contact the Civilian Personnel Office at 228-4121.

### Airmen burn calories before dinner during 5K



Photo by Airman 1st Class Clark Staehl

Staff Sgt. Brett Antisdel, 355th Services Squadron, reads Tech. Sgt. Dale Sickels, 355th Operations Support Squadron, his time at Friday's Turkey Trot. Sergeant Sickels won the 5K race with a time of 21 minutes, 16 seconds.

#### Race results

The following are the results of the Turkey Trot 5K run sponsored by the 355th Services Squadron Friday:

**First place:** Tech. Sgt. Dale Sickels, 355th Operations Support Squadron, 21:16.

Second place: Tech. Sgt.

Rafael Ortega, 355th Security Forces Squadron, 23:03.

**Third place:** Senior Airman Joseph Parker, 355th Equipment Maintenance Squadron, 23:19.

Five participants also received frozen turkeys after the race.

# Airmen compete in base Dodgeball tournament

The 355th Medical Group sponsored a base-wide Dodgeball tournament Friday at the Fitness and Sports Center. Ten teams participated to find the ultimate Dodgeball champions at Davis-Monthan. With 60 participants and standing room only, the event offered an alternative event for Airmen at D-M. Participants received free smoothies. The winner of the event was "The Dough Boys," from the 355th Operations Support Squadron.

With determination in his eye, 2nd Lt. Pierre Romeo, 755th Operations Support Squadron, throws the ball across the line trying to hit a member of the opposing team.



Photo by Airman 1st Class Clark Staehle

### **Sports Shorts**

#### **Base, Club Championship**

The Base and Club Championship, Dec. 10 and 11, is an individual stroke play event. Every participant will play 36 holes (18 holes each day). Winners will be selected in the following categories:

- ◆ Base Champion (active-duty
- ◆ Club Champion;
- ◆ Senior Champion;
- ◆ Net Senior Champion and
- ◆ First Flight.

Players will be broken up into flights based on their handicaps. All participants will pay \$30 for entrance into the tournament and green fees for each day.

#### **Fit Factor**

Fit Factor program promotes healthy choices for D-M youth

Fit Factor is an Air Force Services youth fitness initiative that encourages physical activity, healthyeating selections and rewards youth between the ages of 9 and 18 years

old for their efforts. Fit Factor stimulates interest and awareness of the importance of healthy lifestyle choices and encourages youth to Get Up, Get Out and Get Fit!

based program that rewards youth for being active and making healthy choices everyday.

Fit Factor is an exciting Web-

Upcoming Youth Center "Fit Factor" events:

- ◆ Dec. 6 Bouncing around the
- ◆ Dec. 13 Facts about soda
- ◆ Dec. 20 Healthy choice cooking activity
- ◆ Dec. 27 Juggling skills All of the above events start at 5:30 p.m.

For more information, call the Youth Center at 228-8484.

#### Yoga cancelled

The Haeffner Fitness Center will no longer hold Yoga courses due to the instructor's resignation. A new instructor is being sought. For more information on current aerobics classes, or how to become a Yoga instructor, call 228-2001.

